

## ABSTRACT

A method of enhancing regional body fat reduction is disclosed. The method includes topically applying a fat reduction topical composition on a region of a human body where a regional fat reduction is desired for a treatment period, and administering an amount of a fat reduction oral composition daily during the treatment period. The topical composition includes hydroglycolic fluid extract of *Palmaria palmata*, *Laminaria digitata* extract, mannitol, and a pharmaceutically acceptable carrier. The oral composition includes synephrine, methylxanthine, chromium, a herbal combination having diuretic effect and a pharmaceutically acceptable carrier.